

# Being a personal assistant a rewarding career

## Sue Cash

Sue works as a PA to support Marta who has a disability called freidrichs ataxia.

Sue supports Marta with a range of different care needs including:

- assisting with personal care
- helping with medication including insulin
- helping Marta at meal times
- doing small tasks around the house.

Sue also gets on really with Marta and they have an active social life together. They enjoy going to the local farm, swimming, bingo, going to concerts and having lunch in the pub.

She says

**We're a similar age and enjoy the same social things ...  
we just get on well**

### Getting into social care...

Sue previously worked as a support work with a care agency. She supported people with learning disabilities and mental health conditions who were living in their own home.

Sue decided to become a PA as enjoyed working closely with individuals and wanted to do more of this. She contacted her local council and asked to be added to their local PA register. Marta found her details from the register and contacted her about the job.

After an informal interview, Marta offered Sue the job as a PA.

Sue says

**In the future I'd really like to still be working here. I  
really like my job and it's flexible enough to fit in with  
my young children**

## Training and development

Sue has completed lots of training and qualifications throughout her social care career including:

- level 2 NVQ in health and social care (now known as a diploma)
- first aid training
- handling medication
- food hygiene.

Sue also regularly attends moving and handling training to ensure she can assist Marta in her wheelchair safely.

Sue uses Skills for Care's online information hub to keep up to date with current support and news relevant to her job role.



## Why Sue loves being a PA ...

Sue loves working with Marta and really enjoys the close friendship they have.

☾ **Working one to one with someone, you get to know that person really well** ☽

☾ **The best bit of the job is not only having a job, but having a friend ... it's not like going to work** ☽

Sue likes the flexibility and variety of her role.

☾ **I love my job as a PA because no two days are the same** ☽

To anyone thinking about becoming a PA, Sue says

☾ **If you're thinking of going into social care, I'd definitely recommend it. It's a really fun job to have, flexible and if you're working with someone you get on with, it's brilliant** ☽

## More information

If you want to hear more from Sue about being a PA, watch her video at [www.skillsforcare.org.uk/PAcasestudies](http://www.skillsforcare.org.uk/PAcasestudies)